

Journaling with Lisa Shea: Step by Step Basics Plus Over 300 Detailed Prompts to Declutter, Revitalize, and Improve your Life



Journaling was embraced by Leonardo da Vinci and it kept Bob Dylans lyrics insightful. Anne Franks journal shared poignant moments in her too-short life. Basho, the famous poet, kept a journal of his travels. Journals can help you release stress, develop forgiveness, embrace your past, adore your future, and explore aspects of your creativity that you never knew existed. And the entire process is free. I have written eleven books on journaling, from the beginning Journaling Basics for Beginners through prompts on a variety of topics. This book here is a complete set of all of those works. It contains the Journaling Basics book as well as all ten prompt book sets. Everything is here in one neat package. Author Lisa Shea has been journaling for many years and presents the pros and cons of styles of books, styles of writing, and a myriad of other topics. She's also available on a number of social network systems like Facebook, Twitter, and Google+ to lend a hand if you get stuck. Together we can take that first step to achieving your dreams! All authors proceeds of the Journaling series benefit battered womens shelters.

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